

Beef Rissoles

Ingredients

- 500g / 1lb ground beef
- 1 onion, grated
- 1 carrot, grated
- 1 cup breadcrumbs
- 1 egg
- 1 tbsp Worcestershire sauce
- 1 tbsp garlic
- 1 tbsp dried herbs of choice
- 1/2 tsp salt
- 1/2 tsp pepper

Method

1. Mix all together, form into rissoles, and roll in breadcrumbs.
2. Fry on medium heat.

Notes

Makes 8.

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